

# SAMPLE MENU

# MONDAY

Follow this sample menu plan to help keep you on track. Repeat after five days, so you reap the benefits of the full 10-day program.

Please only eat breakfast items at breakfast, but if you would like to substitute a dinner recipe for a lunch recipe or vice versa, feel free to do so.

**BONUS:** You may add 1 cup of vegetables to either the lunch or dinner recipes. So, if you feel that you are not eating enough vegetables, or you need to incorporate more fiber into the diet, add 1 cup of the following vegetables to your lunch or dinner: lettuce, green peppers, onions, mushrooms, broccoli, cauliflower, squash, zucchini, spinach or mixed greens.

## BREAKFAST

### BREAKFAST TACOS

Small corn tortillas filled with scrambled eggs, black beans and tomatoes, topped with fresh avocado

#### Ingredients:

- 2 small corn tortillas
- 1 tsp. olive oil
- 2 Tbsp. chopped onion
- 2 Tbsp. chopped tomato
- 2 Tbsp. black beans
- 4 egg whites or one whole egg, beaten
- ¼ medium avocado, diced

#### Preparation:

Preheat olive oil in a sauté pan over medium-low heat. Sauté onions until softened, about 2-3 minutes. Add tomatoes and black beans to pan and sauté another 2 minutes. Add eggs to the pan and stir continuously until cooked through. Season eggs with pepper to taste. Spoon half of the eggs into each tortilla and top with diced avocado.

## DINNER

### CHICKEN STIR-FRY

Stir fried chicken and broccoli over brown rice

#### Ingredients:

- 1 tsp. canola oil
- 3 oz. chicken breast cut into bite-size pieces
- 1 cup steamed broccoli florets
- 1 Tbsp. low sodium soy sauce
- 1 tsp. honey
- Dash of ground ginger
- ½ tsp. sesame oil
- 1 tsp. sesame seeds
- ½ cup cooked brown rice

#### Preparation:

Heat oil in a sauté pan over medium-low heat. Cook chicken, turning to brown on all sides, until cooked through, about 6-7 minutes. While chicken is cooking, combine soy sauce, honey, ginger, sesame oil and sesame seeds in a bowl. Add broccoli and soy sauce mixture into the pan with the chicken and toss to coat. Place brown rice on a plate and top it with the chicken and broccoli mixture.

## LUNCH

### MEDITERRANEAN TUNA SALAD

Tuna salad with feta cheese, olives and vegetables in a whole wheat pita

#### Ingredients:

- 1 can tuna fish (3 oz.) packed in water
- 4 kalamata or other black olives, chopped
- 2 Tbsp. chopped carrot
- 2 Tbsp. chopped celery
- 2 Tbsp. crumbled feta
- ½ tsp. olive oil
- 1 tsp. balsamic vinegar
- 1 whole wheat pita
- 2 romaine or other lettuce leaves
- 2 thin slices of tomato

#### Preparation:

Combine first 7 ingredients and season with pepper to taste. Cut pita down the center so there are two halves. Split each half open and place one lettuce leaf and one slice of tomato in the bottom of the pita pocket. Place half the tuna mixture inside each pita pocket.

# TUESDAY

## BREAKFAST

### ENERGY ENGLISH MUFFIN

Whole wheat English muffin with peanut butter and bananas

#### Ingredients:

- 1 whole wheat English muffin
- 1 ½ Tbsp. all natural peanut butter
- ¼ cup sliced banana

#### Preparation:

Split English muffin and toast until golden brown. Spread half the peanut butter on both halves and top with sliced bananas.

## LUNCH

### OMEGA-3 POWER SALAD

Salmon salad with spinach, walnuts, onions and peppers

#### Ingredients:

- 3 oz. salmon
- 1 ½ cups baby spinach leaves
- 2 Tbsp. chopped walnuts
- ⅓ cup sliced red pepper
- ¼ cup thinly sliced red onion
- ¼ cup chickpeas
- 1 tsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1 tsp. honey

#### Preparation:

Preheat non-stick skillet over medium heat. Cook salmon about 4-5 minutes per side for well done. Place spinach, walnuts, peppers, onions and chickpeas on a plate. Combine olive oil, vinegar and honey and drizzle over salad. Top with salmon.